# Hawaii MARINE SPORTS

Hawaii Marine C Section March 21, 2003

# Air Force finally ousts Marine at HASAC



Lance Cpl. Monroe F. Seigle

James Baughman, legal administrative chief, Headquarters Bn., MCB Hawaii, squares off against Tim Kuno, representing the Navy, during the Hawaii Armed Services Counsel's racquetball tournament.

Lance Cpl.

<u>Monroe F. Seigle</u>

Combat Correspondent

SCHOFIELD BAR-RACKS — After a four-year break, the Hawaii Armed Services Athletic Counsel Interservice sports program has returned to the island of Oahu.

The HASAC offers active duty Marines in Hawaii the opportunity to compete with other branches of the armed services in a variety of sports, including softball, soccer, volleyball, basketball, tennis and cross-country.

On March 11, a racquetball tournament kicked off at the Martinez Fitness Center here. During the round-robin tournament, the most skilled players on the island represented the five branches of military.

"I wanted a chance to play against competitors with the most experience," said James Baughman, administrative chief at MCB Hawaii's Legal Services Center, who represented the Hawaii Marine Team. "When you are in a competition such as this one, you have to use every bit

On March 11, a racquetill tournament kicked off the Martinez Fitness a variety of different athenter here. During the of your speed and coordination in conjunction with a variety of different athletic abilities."

Along with bragging rights as the base intramural champion, the overall winner also earned the number-one seed in the interservice championship, which was every bit a heated contest.

Challengers from the Air Force and the Marine Corps traded shots off the wall, floors and ceilings of the hot-box, which had become a field of honor in this war of team pride.

See RACQUET, C-3

# MCBH youth will benefit from grant awarded by Major League Baseball soon

<u>David Kawada</u> MCCS Director of Youth Activities

Youth Activities, Marine Corps Community Services Hawaii, will be launching its first season as part of Major League Baseball's Rookie League program.

Major League Baseball and the Boys and Girls Clubs of America award equipment and financial grants to youth clubs throughout the country for 6 to 12 year olds. Youth Activities was one of 48 programs selected in 2003.

All Marine Corps youth programs are chartered members of the Boys and Girls Clubs of America, a national non-profit organization. Through the membership, programs are eligible to receive services, support and to apply for funding opportunities such as the grant.

Rookie League Baseball is administrated by Major League Baseball. Equipment and financial grants to help start up the leagues are provided by Major League Baseball and its licensees.

Involvement in Rookie League started in 1985 when former American League president Dr. Bobby Brown started funding programs that were interested in using a pitching machine. The programs were an immediate success.

The important difference between Rookie League and traditional baseball is the absence of pitchers. Rookie League promotes the use of the pitching machine that creates a safer envi-

See YOUTH GRANT, C-3



Cpl. Jessica M. Mills

Orioles third baseman Thomas Ruane, 10, attempts to stop a slide and cover third in 2002. Look for similar action when youth baseball begins on Saturday.

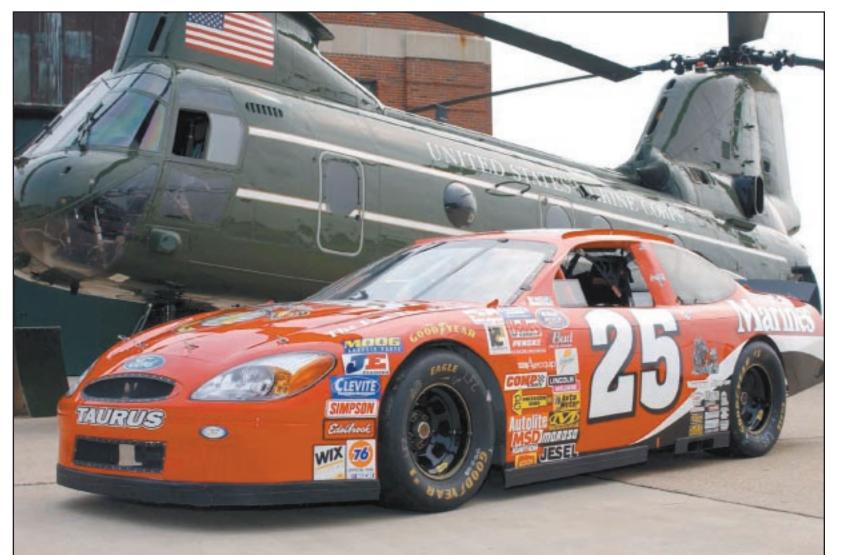


Photo Courtesy of NAS

The "Team Marines" sponsored vehicle at NASCAR sits shadowed by a CH-46 Presidential helicopter on the edge of a flight line.

# Mothers of 24th MEU devil dogs get center stage kudos at NASCAR

Gunnery Sgt. Mike Dougherty

USS NASSAU (LHA-4), UNDER-WAY — The mothers of three 24th Marine Expeditionary Unit (Special Operations Capable) Marines were recently honored in the presence of tens of thousands of spectators at nationally televised events, while their sons served forward deployed in Operation Enduring Freedom.

Sergeant Joshua Evers of Atlanta, Cpl. Jose Cabrera of Miami and Lance Cpl. Mohamed Rahman of Homestead, Fla., all delivered messages back home to not only to their mothers but to their communities at large, thanking them for their support.

The messages were videotaped and shown on the Jumbotrons at their hometown stadiums, while their mothers received accolades in the form of Blue Star Banners and certificates, honoring their sons' deployed status and their families' sacrifices.

The Blue Star Mothers of America, Inc., was formed following the Dec. 7, 1941, attack on Pearl Harbor. Mothers of service members displayed blue star flags in their windows at home to signify they had a son or daughter serving in the armed forces.



Photo Courtesy of NASCAI

"Team Marines" bore the name of Sgt. Joshua Evers, a communicator deployed with the 24th MEU (SOC) for the race at Atlanta Motor Speedway.

Mrs. Evers and Rahman were recognized at NASCAR events, featuring the Team Marines race car. The car had the Marines' names and a blue star, with "24th MEU" painted in white block letters on a prominent spot against the car's bright red finish.

"I feel so honored that the Marines would do this for me and my family," said Asalia Rahman.

Both families got VIP treatment and a unique glimpse into America's fastest growing sport. The Rahmans got a quick course in NASCAR from Team Marines' owner Ed Rensi.

"You will hear Bernie Russell, our

spotter, tell [the driver] when it's clear to take a position on the track," Rensi said.

"I have never been to a race before," said Mrs Rahman. "It's a little breathtaking."

"I thought the presentation for my mother was a great gift, and I know she enjoyed it," said Rahman, an aviation operation specialist with the MEU's Aviation Combat Element, Marine Medium Helicopter Squadron 263, Harrier Detachment. "My family thought it was great not only because they got to see a NASCAR race, but also because they got to see me on the Jumbotron at the track.

"They enjoyed the whole event."

In Atlanta, the family was joined by Lt. Gen. Buck Bedard, deputy commandant for Plans, Policies and Operations. Lieutenant Gen. Bedard also passed his thanks to the Evers family for their contribution to our country and to the 24th MEU, and wished the best for Sgt. Evers, a communicator with the 24th MEU's S-6 section.

Evers' mother, Cynthia, had a chance to express her support of her son and his commitment to the Corps.

"I was thrilled and very proud of my son's decision to join the Marine Corps.

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## BASE SPORTS

#### **Edward Hanlon V** MCCS Marketing

#### SM&SP Wants the **Best Ball to Win Today**

It will be fair game on the fairway today at the Single Marine & Sailor Program's Shank & Slice Best Ball Tournament.

This day on the links is open to all single, active duty military; however, junior enlisted may bring their superiors as

Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes. There will also be prizes awarded by blind draw giveaways.

Costs are \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, carts, prizes, pupus and sodas.

To participate and spend your day on the spectacular Klipper Golf Course, call 254-7593.

#### **Navy League Tourney Seeks Golfers**

The Navy League is sponsoring a golf tournament March 28 at the Kaneohe Klipper Golf Course aboard MCB Hawaii,

Kaneohe Bay. The tournament is an afternoon round, blind team scoring format event and is limited to 144 players.

The cost to participate is \$55 per person (which includes green fees, cart, prizes and heavy pupus); however, all proceeds will benefit the Navy Marine Corps Relief Society Fund Drive.

The deadline for entry is Wednesday. No phone reservations or refunds will be granted after 9 a.m. Thursday, unless standby players are available to assume your reservation commitment.

Check-in will be at 11 a.m. and the shotgun start time at 12

For more details, contact the Navy League Honolulu Council at 422-9404.

#### **Aquatics Crews may Splash** into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

Events will be held Saturday aboard Kaneohe Bay, and March 29 aboard Manana Housing, both days from noon - 4 p.m.

### Saturday competition



The 10th Annual 3rd Marines 10-Mile Run & 10-Kilometer Run will take place tomorrow. Both runs will start and finish at Pop Warner field aboard MCB Hawaii, Kaneohe Bay, and will wind throughout the base, overlooking the scenic and picturesque installation. The top three finishers overall and the top finisher in each age group will receive awards. The individual entry fee is \$15, and the formation fee is \$100 for groups composed of 10 runners. A one-mile Family Fun Run will be conducted after the 10-mile and 10K runs, at approximately 8:45 a.m. The Family Fun Run is free of charge. Pick up your race packet at the Semper Fit Center. Call 254-7590 or 254-7597 for more details.

These events are free to military, family members, DoD civilians and reservists.

prizes along with numerous other events. Plus, there will be free Red Cross swim evalua-

tions and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Enjoy music, games and door Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy house.

> Spring Splash prizes will be provided by Aqua Sphere and Ocean Concepts Scuba.

> For more information, call the base pool at 254-7655.

Staff NCOs to Host Top 4 Golf Scramble, April 4

Open to staff noncommis-

sioned officers of all services, the MCB Hawaii Staff NCO Club will host a "Top 4 Golf Tournament," April 4.

Check in time will be at 11:30 a.m., with a shotgun start at 12:30 p.m. Each team must have the following players: an A (O-8), B (9-17), C (18-26), and a D (27+). Players who do not have an established handicap must estimate — no sandbagging!

Cost is \$38 for club members, \$45 for non-club members, \$50 for DoD and field grade officers and \$55 for invited guests. Fees include heavy pupus, beverages and lots of prizes.

The top prizes at the Staff NCO 4 Golf Tournament include a \$10,000 hole-in-one purse and a car from McKenna Ford.

Participants can also buy mulligans three for \$5 and enter to win a Nike golf bag.

This tournament is open to the first 36 teams to register. Call Chief Petty Officer William Thompson at 257-8429, ext. 227, for details. Applicants may also pick up an entry form at the new air traffic control tower.

#### "Base Sports" or Recreation **Gets Advertised**

Individuals and organizations may announce upcoming sports and recreational activities of general interest to the military or DoD community in the "Base Sports" column.

Fax items at least two weeks in advance of the date of the event to 257-2511, or call 257-8836 or 257-8837 for more details.

## Electron Marathon, Saturday

Corporal Scott Momper, an Aircraft Rescue firefighter, checks his position behind the steering wheel while Paul Tomita (right) of Base Facilities and Lance Cpl. Hector Reyes, an air traffic control weather technician, check the rear tires on Marines 2. Hard chargers from Marine Corps Air Facility were making lastminute modifications to their Marines 1 and 2 entries, Monday, for the 8th **Annual Hawaiian Electric Electron Marathon, which** takes place tomorrow at U.S. Naval Base Ford Island, beginning at 9 a.m. Each year Hawaiian Electric Company assists public and private schools, as well as Armed Forces teams, participating in the contest that has been underway since 1996, initially held at the Hawaii Race Park with less than a dozen entries. The competition has grown to include an average of 20 teams and the military. Several MCB Hawaii units will participate. Marine Corps Air Facility will enter two electric go-



Sqt. Jereme Edwards

# Little League to honor U.S. Armed Forces

Clark Abbey MCCS Youth Athletics Director

In light of world events, the Kainalu Little League in Kailua, will dedicate its opening day ceremony to the U.S Armed Forces.

The ceremony will be Saturday from 8 to 9 a.m., at Aikahi Baseball Park. Marine Forces Pacific Band will perform, and the guest speaker will be the commanding officer of 3rd Marine Regiment, Col. Joseph V. Medina.

Marine Corps Community Services' Youth Activities is beginning its second year of participating in the Kainalu Little League. This year, YA is entering two teams for the Minor B Division (7-8 years), and two teams for the Minor A Division (9-10 years).

The Little League collaboration has been a positive opportunity for players, coaches and parents to interact with the local community, and YA thanks the league for dedicating its opening ceremony to the men and women of the military.

For more information about this event, call Clark Abbey at 254-7610.

## COMMUNITY SPORTS

#### **State Offers Free Recreation Classes**

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors — not just hunters.

The next two-day session is April 4 at 5:45 - 10:15 p.m. and April 5 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

To preregister or for more information, contact the Hunter Education Office at 587-0200.

#### Oahu Tennis League Accepting Applicants through April 4

An islandwide league for singles and doubles players of all skill levels, the Oahu Tennis League is now registering individuals for its spring season, which

begins April 14. Players are matched against six opponents during the six-week season, and

must make phone contact to arrange the date and time of their matches. Scores are called into the league, which then hosts a post-season tournament for players who have won three of their six matches. Prizes are awarded to the top two players in each division.

If you're interested in joining the Oahu Tennis League, call 342-3368 or 381-6848 for more details. Or, complete and submit an online registration application at www.Oahu Tennis League.com.

#### NCAA Championship to be Televised Live, April 7

Hawaii's CBS affiliate, KGMB Channel 9, has announced that the NCAA Men's Championship Basketball Game will be broadcast live on April 7 at 3 p.m., then will re-air at 8 p.m. for the benefit of all sports fans in Hawaii.

#### University of Hawaii to Sponsor Summer Baseball Camp for Youth

Future baseball players in the age range of 8 - 18 years old can attend the University of Hawaii baseball team's annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

"I would like to invite you to our Rainbow Baseball Camp," said Mike Trapasso, head baseball coach. "It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth."

The June 23 -27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. Location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn), a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher's gear for catching and day camps. Campers must provide their own lunch.

For more details, call the Office of Intercollegiate Athletics at 956-6247.

#### **Bellows Hosts Outdoor Recreation**

Just because winter is upon us does not mean you have to be a couch potato.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes

the use of a bodyboard. Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more, call 259-8080.

#### **Bellows Sponsors Camping**

Bellows offers a great climate for yearround camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one sixman tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

#### "Community Sports" Receives Faxes

Fax "Community Sports" announcements of general interest to the DoD community to 257-2511, or call 257-8836.

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#### HAWAII MARINE

#### RACQUET From C-1

The Air Force took the first two games in the best of three match, but the loss for Baughman was not in vain. He quickly regrouped from his errors and made notes of his challengers' weaknesses.

"Sometimes you have to lose

a few battles to win the war," he said.

Baughman went on to win the third match, but was eliminated from the tournament.

After all was said and done, the Air Force came out victorious and walked away with the championship bragging rights, at least until next year.

#### YOUTH GRANT From C-1

ronment for young batters and tion in the Corps to win this eliminates the potential for arm injuries in young pitchers.

quality baseball opportunity for they are new to the sport, will kids at Marine Corps Base Hawaii," said Timothy J. Brosnan, executive vice presi-

dent of MLB's Business.

"MCBH is the first installaaward," said David Kawada, Youth Activities director at "We are pleased to provide a MCCS. "Our kids, especially if have more time to learn fundamentals and have fun with baseball."

The goals of the program are to increase participation and interest in baseball, provide needed mentors, build social skills, encourage physical fitness, promote positive values, and build confidence and self-esteem.

The inaugural season will start this summer. For more details, call 254-7610.

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# spotlight on health

### Brochure explains steps to prevent medication errors



Sgt. Jereme Edwards

Lance Cpl. Ben Duran, an avionics technician with Marine Heavy Helicopter Squadron 362, receives his medication and description brief from pharmacist Joseph Bosak of the Kaneohe **Branch Medical Clinic.** 

**NAPS Featurettes** 

Medication errors occur every day, both in the health care setting and at home. Although no medicine is entirely risk-free, you can take precautions to ensure your safety.

In the hospital, medicines pass through a series of steps to prevent possible errors. This helps protect the safety of patients during their hospital stay.

"Checks are in place at the point when medicine is prescribed, when the prescription order is documented, when the medication is dispensed, and when the prescribed medicine is administered to the patient," said Diane Cousins, R.Ph., vice president of the Center for the

Advancement of Patient Safety medications. at the U. S. Pharmacopeia.

"The patient is also monitored to assess any response to the medication."

In the home, consumers must make informed decisions on their own about the safe use of medicines. A free brochure, Think It Through: A Guide to Managing the Benefits and Risks of Medicines, is now available to help consumers safely use medications. This free brochure is available; at: www.usp.org /thinkitthrough.

The brochure educates consumers on the five critical steps in making decisions about medications: Talk, know, read, avoid and monitor. These steps allow consumers to lower the risks and obtain the full benefit from

- Talk with your doctor, pharmacist, or other health care professionals. Keep an up-to-date list of medicines and dietary supplements you use, and always ask questions about any concerns or thoughts you may
- •Know your medicines prescription and over-thecounter. Be aware of when, how, and how long to use them, what to do if you miss a dose, and whether or not there are any side effects.
- Read the label and follow directions. Always double-check that you have the right medicine, particularly if you are re-

filling a prescription, and never combine medicines in the same bottle. Make sure you understand the directions; ask if you have questions or concerns.

- Avoid interactions. Before starting any new medicine or dietary supplement, ask if there are possible interactions with what you are currently using. Whenever possible, use the same pharmacy for all your medication needs.
- Monitor your medicines' effects and the effects of other medications or supplements you use. Pay attention to how you are feeling and write down the changes so that you can remember to tell your family doctor or local pharmacist.

# Recent deaths linked to the Ephedra supplement

Quentin Redmon
Drug Demand Reduction
Coordinator

If you take dietary supplements, take note. Is there anyone out there who has not read the sports pages regarding the recent death of a professional baseball player?

The recent death of Baltimore Orioles pitching prospect Steve Bechler is directly linked to Ephedra.

In addition to this highly pub-

licized death, several service members, including Marines, have had the use of Ephedra linked to their deaths. The presence of Ephedra in the toxicology report, at this time, does not indicate that Ephedra alone resulted in any fatalities., However, as is the case with Major League Baseball, it is a strong possibility.

Ephedra, also known as Ephedrine, is derived from the herb ma huang and is found in many dietary supplements. The National Football League, International Olympic Committee and National Collegiate Athletic Association have all banned the use of Ephedrine-containing substances. Major League Baseball is considering the ban as well.

Ephedrine is a central nervous system stimulant and decongestant that is structurally similar to amphetamines. It increases blood pressure and heart rate, raises the risk for strokes and heart attacks, and

Football gives a false sense of being more cating that taking more than the Olympic powerful. cating that taking more than the recommended dose may cause

Ephedrine may help you lose weight faster because it causes your heart to beat at a faster rhythm. It may also be raising your body core temperature.

Side effects include nausea, vomiting, anxiety, dizziness, headache, irregular heartbeat, heart palpitations, sleep loss and personality changes.

The FDA is recommending that ephedrine-containing products carry a warning label indi-

cating that taking more than the recommended dose may cause heart attack, stroke, seizure or death.

All of the service exchanges have banned sales of Ephedra products. Even though these products are being removed (or were to have been removed from the shelves of all exchanges), it's up to every service member to be a wise consumer.

Beware of special sales on di-

See EPHEDRA, C-6

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#### HAWAII MARINE

#### EPHEDRA, From C-5

etary supplements. Read the label. Make sure the product you are purchasing is Ephedra or Ephedrine free.

Outside of exchanges, the supplements on store shelves may be the older formulations.

Read your current supplement bottle labels. Throw away or flush down the toilet those supplements that contain this substance. Supplements are expensive and Ephedrine

fects everyone differently.

You really don't want to take the chance, as undiagnosed heart murmur, arteriosclerosis, and other health conditions may be greatly affected by the use

of Ephedra or Ephedrine supplements.

Don't hesitate to ask sales persons about ingredients and how they affect the body. Be sure to check your supplements and to take the time to read labels.



Staff Sgt. Brenda Varnadore

Flanked by family members and Recruiting Station Atlanta Marines, Cynthia Evers, mother of Sgt. Joshua Evers, a communicator with the 24th MEU (SOC), poses in front of the "Team Marines" race car. She is holding a Blue Star Mothers plaque presented to her before the

#### NASCAR, From C-1

We have always supported Joshua's decision to join the Marines, and this honor only further reinforced how we have always felt," she said.

At the close of activities, Lt. Gen. Bedard placed a call from the race track to the 24th MEU commanding officer, Col. Richard Mills aboard the USS Nassau in the Central Command area of responsibility.

Mills summoned Evers to his stateroom just before midnight, where he was surprised to find his mother on the line.

He received the rare opportunity to speak with family members, including his mother and his wife.

"This was very much an honor, and the whole day was definitely the highlight of our year," his mother said.

While his family had never attended a race before, it was something they'll never forget, said Evers.

The honors weren't limited to a single sport. Mrs. Carina Cabrera was honored at a Florida Marlins Major League Baseball game in front of thousands of fans.

Her son, Cpl. Jose Cabrera, is an administrative clerk with MEU Service Support Group 24's adjutant section. She also received a Blue Star Banner and a certificate following her son's televised message.

"My mother was presented the blue star ribbon at a Major League Baseball game, the [Florida] Marlins vs. [the New York] Mets. There were about 30,000 people there.

"She thought that it was an honor to receive the blue star ribbon and was proud that I was doing something positive for our nation's freedom," said Cabrera.

Equally proud was the Marines' commanding officer, who was proud of recognition his Marines and their families received — particularly the quality and dedication of the families that produced these individuals.

"This is a great program to support, and I'm glad that several of my Marines had the opportunity to see their mothers recognized publicly.

"Family — and especially mothers — are an important aspect of our operational readiness. It's important to acknowledge that fact," said Mills.